

Fish Nugget Wrap-BC

Servings:	1.00	Category:	Entree
Serving Size:	0.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53146
School:	Benton Jr -Sr High		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FISH BRD SHAPES 1Z O/R WGRAIN	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen fish nuggets on a lightly oiled sheet pan. CONVECTION OVEN: Preheat oven to 400°F and bake for 10-12 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 15 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	523291
Cheese, Cheddar Reduced fat, Shredded	1 Fluid Ounce		100012
TORTILLA FLOUR ULTRGR 9IN	1 Each		523610

Preparation Instructions

Heat nuggets at 375 degrees for 8-10 minutes until 165 degrees. Hold in hot pass-thru until ready to serve and assemble wrap.

Hold cheese and lettuce in cold pass-thru at 41 degrees or lower until ready to serve. Hold cheese and lettuce on ice pack when serving.

On line place fish nuggets on wrap and add 1 oz. scoop cheese. Lettuce is optional.

Serve with tartar sauce or ranch.

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	3.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.00 Each			
Amount Per Serving			
Calories		450.00	
Fat		17.50g	
Saturated Fat		6.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		937.00mg	
Carbohydrates		52.50g	
Fiber		7.00g	
Sugar		3.00g	
Added Sugar		0.00g	
Protein		23.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	85.00mg	Iron	3.90mg

Nutrition - Per 100g

No 100g Conversion Available	
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